

7 Ways to Invest in Yourself

According to personal development legend Jim Rohn, “to have more than you’ve got, become more than you are.” That’s where personal growth comes in. Personal development includes activities that help you improve your hard and soft skills, cultivate your talents and tap into your potential so you can improve your overall quality of life. These aren’t one-time activities; they involve a commitment you make to continue to learn and grow in every stage of your life. Here’s how:

1. Take a class or seminar. Learning doesn’t need to stop once you’ve graduated. Signing up for a class or seminar, either online or in-person, gives you the opportunity to learn and grow outside of the traditional confines of school. Enroll for a workshop or webinar provided by a professional organization you belong to or a personal interest or hobby group you enjoy. Websites such as **Coursera** and **Udemy** allow you to learn new skills and improve the ones you have.

2. Read. The most successful people carve time out of their days to read. Not only does reading increase your knowledge, it also improves your memory, vocabulary and focus, while sharpening your analytical skills and reducing stress. Get recommendations from friends or co-workers or check out the best-seller lists from *Maclean’s* or your local bookstore.

3. Watch a video. Many of us spend our evenings relaxing in front of the television. Optimize your time and watch a video from a leading personal development expert, or expert in your field, and you’ll not only learn, you’ll also become motivated to make lasting positive changes in your life and at work. Also, watch inspirational films that will leave you feeling uplifted and encouraged.

4. Listen to a podcast. Podcasts are a popular way to listen and learn anywhere, whether you’re getting ready for work, driving to the office or jogging on the treadmill at the gym. There’s a podcast to fit all of your needs and interests, whether you want to keep up on current events, take charge of your finances, take your career to the next level or enhance your spirituality.

5. Join a group or organization that allows you to connect with other like-minded people who are committed to growing personally or professionally. In addition to networking, these organizations also provide opportunities to take workshops and classes, find a mentor and look for new professional opportunities in your field.

6. Get a mentor. If you want to get ahead in your career, a mentor can help you improve your self-confidence, tap into your potential and find balance in your life. Since they don’t have a personal stake in your success, they’ll provide unbiased feedback as they share their experiences and offer tips and encouragement to help you thrive. Find a mentor through your professional organization or ask someone in your company or industry who models the traits you’d like to hone and/or has achieved the level of success you’d like to reach.

7. Volunteer. Volunteering is a great way to give back to your community while refining skills and traits, such as teamwork, empathy and communication. In addition to improving existing talents, you may also learn new skills to apply in your line of work. If you’re starting a new career or have moved to a new area, volunteering allows you to get experience and expand your network. Serving others not only nurtures positive feelings, it also lowers the risk of depression and reduces stress.



Vern Totten 

Personal Real Estate Corporation

Cell: 604.842.8376

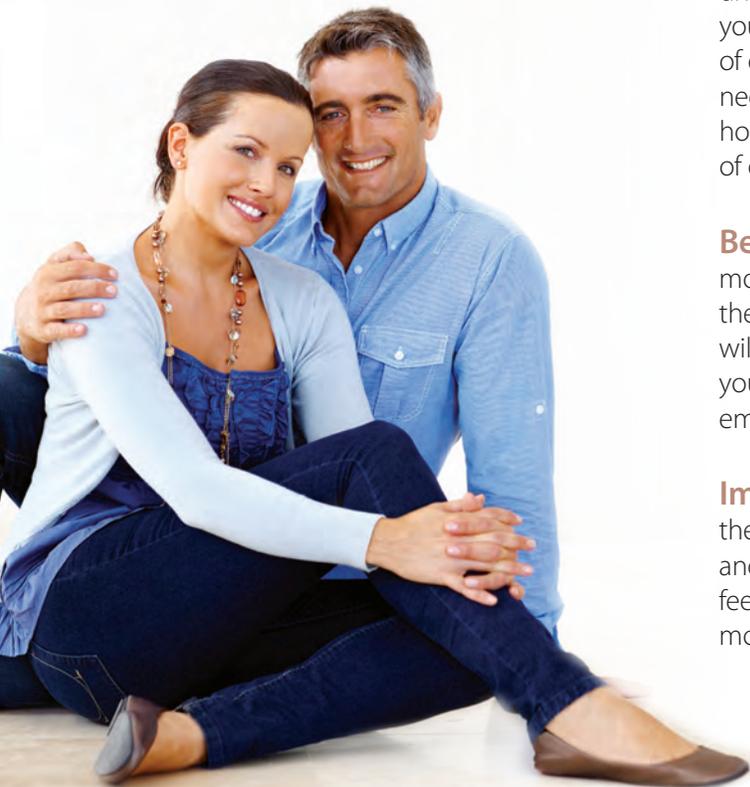
Toll Free: 1.855.333.8376

verntotten@shaw.ca

verntotten.com



Why Commit to Personal Growth?



Discover your purpose. Your purpose helps give your life and goals meaning. When you commit to learning, you'll discover your strengths, improve your skills and find what makes you happy. For example, you may discover you feel invigorated teaching others. With this in mind, you can find or create opportunities to express your purpose, whether it's teaching a lunchtime workshop at your office or coordinating a new youth program within your community.

Gain clarity and focus. It's easy to feel adrift, especially if you're unhappy or frustrated with certain areas of your life. For example, if you're burdened by debt, you may lose sight of your goal to get out of debt. Commitment to learning helps you focus on the things you need to do to achieve your goals. If your goal is to get your financial house in order, focus your growth on resources that help you get out of debt and improve your financial security.

Become more resilient. Life can change in an instant, and the most resilient people are able to recover from challenges or setbacks they face. When life throws you a curve ball, a commitment to learning will help you deal with it effectively, and even grow from it, because you'll have developed confidence in your skills and expertise. You'll feel empowered and in control over your actions and decisions.

Improve your attitude. Studies show the more optimistic you are, the more successful you'll be.* Why? Optimistic people feel their actions and habits will impact their success. Their sunny disposition makes them feel more in control of their lives. Since they tend to be happier than their more negative peers, people like them and want to see them succeed.

*Source: Goodthink.com

Low on time? Download a podcast.

Podcasts are becoming a popular way to learn and get inspired. Listen to one of these great podcasts during your commute, at the gym or whenever you have some down time.

The Brian Buffini Show «🎧»

Master motivator and real estate legend, Brian Buffini, shares timeless tips for personal growth and success in business and life.

The Dave Ramsey Show «🎧»

Financial expert, Dave Ramsey, offers strategies to get out of debt, build wealth and attain financial freedom.

The Ziglar Show «🎧»

Hosts Tom Ziglar (son of world-renowned motivational speaker Zig Ziglar) and Kevin Miller offer powerful insights to inspire listeners to make positive changes in their lives.

TED Radio Hour «🎧»

Leading experts in a variety of fields share their fascinating ideas, tips and stories centered on a common theme, such as happiness and innovation.

Stuff You Should Know «🎧»

Satisfy your curiosity about how the world works, from making ice cream to understanding geothermal energy.

